



Our Health
Our Priority
Our Policy



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**Office hours
Monday - Thursday
10AM - 4PM.**

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February 2008 Calendar

**See our calendar on
www.cachenc.org for
upcoming event dates,
details, and directions.**

**February 7th - CACHE
General Assembly
Meeting**

**February 19th - CACHE
Access Council
Meeting**

News the Community Can Use

CACHE PARTNERS WITH THE MARCH OF DIMES!

CACHE has been selected as a **2008 March of Dimes Community Awards Grant Recipient**. The grant is designed to enhance education and support services that focus on reducing disparities in birth outcomes. CACHE looks to reduce disparities in birth outcomes by assisting African American women in eating and living healthy lifestyles while pregnant. To learn more about healthy eating and living a healthy lifestyles during pregnancy contact Timothy Suggs, Graduate Intern at www.tsuggs@cacheinc.org

YOUR HEALTHY DIET DURING PREGNACY

Eating healthy foods can help you have a healthy baby. But sometimes it's hard to know what foods to eat. Follow these food guidelines.

Fruit

Eat 2 to 4 fruit servings each day. One fruit serving is: 1/2 cup fresh, frozen or canned fruit; 1 medium whole fruit (orange, apple, and banana) or 3/4 cup fruit juice (avoid unpasteurized juices).

Vegetables

Eat 3 to 5 vegetable servings each day. One vegetable serving is: 1/2 cup raw or cooked vegetables, 1 small baked potato or 3/4 cup vegetable juice (avoid unpasteurized juices).

Grains

Eat 6 to 11 serving each day. One grain serving is: 1 slice of bread, 1 cup dry cereal, 1/2 cup cooked rice, pasta or cereal, 1 small pancake or 1 small tortilla.

Proteins

Eat 2 to 3 protein servings each day. One protein serving is: 2 ounces lean meat, poultry or fish, 2 tablespoons peanut butter, 1/2 cup dried or cooked beans or 2 eggs.

Milk Products

Eat 2 to 3 milk servings each day. (Low-fat or skim is best.) One milk serving is: 1 cup milk, 1 cup yogurt, 2 1-inch cubes cheese (Avoid soft cheeses such as feta, brie, Camembert, Roquefort, blue-veined, queso blanco, queso fresco or Panela, unless the cheese is labeled as made with pasteurized milk.)

To learn more about healthy eating during pregnancy, listen to the March of Dimes Podcast with Marion Nestle, professor of nutrition at www.marchofdimes.com/aboutus/791_26626.asp

Source: March of Dimes

CACHE Website

Please send us your health service news for our **Community Links** menu!

View all **CACHE Connections**
cachenc.org/connections.htm

CACHE is a non-profit organization that creates collaborative partnerships focused on improving health by eliminating health disparities that affect racial, ethnic, and other at-risk populations.

Our goals are to improve access to health care, quality of health care, cultural and linguistic competency, and promote education and research.

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Office located at 4701 Park Road.

Who was the first African American woman to head a medical school in the United States?

- a) Mae Jemison
- (b) Barbara Ross-Lee
- (c) Ida Stephens Owens

Who was the first African American to practice medicine?

- (a) David Peck
- (b) James McCune Smith
- (c) James Derham

SHOPPING FOR A HEALTHY PREGNANCY

Grocery Cart Smarts. www.marchofdimes.com/aboutus/13874.htm

Play this interactive game to find out which foods are healthy for a pregnant women and her baby.

CHILD BIRTH PREPARATION WEEKEND

February 29th; 7pm – 9:30pm – \$60 for Presbyterian patients, \$70 for others -- This intensive class meets on Friday evening and all day on Saturday from 9:30 AM to 4:00 PM. Couples learn what to expect during labor and birth, signs of early labor, Lamaze relaxation and breathing techniques, Cesarean birth and pain management choices. Information also given on infant care, safety, and adjusting to parenthood. Classes fill quickly - please call for availability. For more information call 704-384-4949. Location: Presbyterian Hospital, Charlotte, NC/ Multipurpose Room

February is American Heart Month and CACHE would like to highlight activities in the community striving to improve heart health!

RECOVERING FROM A HEART ATTACK - February 7; 1pm – 6:30pm

-- So you had a heart attack; not quite the big one, but any heart attack is bad enough! Now that you've been discharged from the hospital, you want to know what's next. Join Christian Carballow, RN, MA as she discusses issues related to cardiac health and the task that lies ahead for those who have suffered from a heart attack. For more information call 704-494-2237. Location: LiveWELL Carolinas, Northlake Mall.

4th ANNUAL COOKING GENTS OF CHARLOTTE – February 16; 6pm – 9pm

--Celebrity chef, Marvin Woods, will showoff his culinary skills at the 4th Annual "Cooking Gents of Charlotte" hosted by The Charlotte Volunteers in Medicine Clinic. Come out and enjoy dishes prepared by chiefs from the following participating restaurants: Mert's Heart & Soul, Charleston House, Down to the Bone, and LaWan's as well as others in the queen city. For more information visit www.projecthealthshare.com. Location: The Levine Museum of the New South.

NATIONAL WOMEN'S HEART HEALTH FAIR - February 23; 10am – 5pm.

-- The Sister to Sister Foundation, dedicated to preventing heart disease among women will sponsored the **National Women's Heart Health Fair at South Park Mall**. The Health Fair will offer women free cardiac screenings, immediate follow-up counseling on their results, and resources to support and improve their cardiac health. The Fair also provides educational seminars, fitness and cooking demonstrations, exhibits that promote heart health, and panel discussions by medical experts. For more information call 704-442-9964. Location: South Park Mall.

GO RED HEART CHECKUP -- In your personal fight against heart disease, the more details you know about your heart health, the easier it is to protect your heart. That's where the **Go Red Heart CheckUp** can help. It's here to help women of all ages and backgrounds get the facts they need to partner with their doctors and make smart decisions about their health. For more information visit www.goredforwomen.org

Who was the first African American to graduate from an American medical school?

- (a) David Peck
- (b) James McCune Smith
- (c) James Derham

Who performed the first modern open heart surgery?

- (a) Daniel Hale Williams
- (b) Ossian Sweet
- (c) Augustus Lushington

Who was the first African American woman to receive an M.D. degree?

- (a) Barbara Jordan
- (b) Rebecca Lee Crumpler
- (c) Mary McLeod Bethune

Who was the first African American surgeon to serve as an examiner on the American Board of Surgery?

- (a) Granville T. Woods
- (b) Elijah McCoy
- (c) Charles R. Drew

Look for answers in the March Connections Newsletter.

GO RED with HEALTHY EXERCISE -- Reach for your heart health goals with a free 12-week physical activity program for women. Get up, get active and get inspired by other women's stories. Then track your progress with the Choose To Move "Countdown." For more information visit www.goredforwomen.org

COMMUNITY TALK: CARDIOVASCULAR DISEASE-Let's Get Personal – Free -- February 7; 6pm -- Join Francis Williams, RN, MSN, ANP, to learn about the ways to prevent heart attack and reduce the risk factors for heart disease. Your age, family history, and cholesterol level are only some of the things that affect your risk for cardiovascular disease. To register, call 704-384-5043.

CMC-MORROCROFT SPEAKER SERIES: CARDIOVASCULAR AWARENESS – Free

February 13; 7pm -- Mecklenburg Medical Group Presents Morrocroft Speaker Series – **It's All About Your Health**. In the second installment of this physician-led series, you'll have the opportunity to hear from a physician discussing everything you always wanted to know about cardiovascular awareness and prevention including: Cholesterol, diabetes, high blood pressure, and obesity. For more information call 704-367-6117. Location: CMC-Morrocroft, Community Room; 4525 Cameron Valley Parkway, Charlotte.

HEALTHY WEIGHT, HEALTHY ATTITUDE

February 27; 1pm -- Achieving a healthy weight can mean changing your relationship with food through new behaviors and ideas. With a quick quiz, we will identify trouble spots and plan for success at home and work. Join Sarah Duncan, RN, to learn how to make small changes to jumpstart your weight loss and build a solid foundation for healthy eating habits. For more information call 704-494-2237. Location: LiveWell Carolinas, Northlake

DIABETES MANAGEMENT SERIES-TIPS FOR LIVING WITH DIABETES - Free

Participate in discussion with local health professionals on ways you can live more healthfully with diabetes. Meets second Tuesday of every month at 7 p.m. For more information call 704-494-2237. Location: LiveWell Carolinas, Northlake Mall

HEART HEALTHY COOKBOOKS – \$20

"Eat Your Heart Out" and "Seasons of the Heart" cookbooks. Presbyterian Preventive Cardiology's signature heart healthy cookbooks based on the Mediterranean-American diet. Proven to reduce heart-disease risk.

NORTH LAKE MALL WALKERS - Free

Join the Northlake Mall Walkers Club and get started on your path to better health. Northlake Mall Walkers Club meets monthly on the first Wednesday of each month. For more information call 704-494-2237. Location: Food Court, upper level.

Go Green with CACHE Connections!

If you are receiving a hardcopy of this newsletter, please send us your email address to begin receiving the email version. You may email us at info@cachenc.org or call 704-405-5600.